



DECEMBER 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510	2 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	3 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am	4 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	5 Breastfeeding Club/Support Group @ 10:00 am at the Columbia Clinic Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 1:00 pm	6	7
8	9 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	10	11 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	12 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am.	13	14
15	16 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	17 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am	18 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	19 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 1:00 pm	20	21
22	23 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	24	25	26 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am.	27	28
29	30 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	31	Services: Howard County <ul style="list-style-type: none"> Peer Counselor support Group BF Classes Individual BF Classes Electric pump demo Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	



JANUARY 2014



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5	6 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	7 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	8 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	9 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	10 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	11
12	13 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	14 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	15 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	16 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	17 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	18
19	20	21 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	22 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	23 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	24 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	25
26	27 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	28 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	29 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	30 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	31 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule



FEBRUARY 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	4 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	5 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	6 Breastfeeding Club/Support Group@ 10:00 am at the Columbia Clinic Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	7 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	8
9	10 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	11 Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 11:00 am Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @ 4:00 pm	12 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 2:30 pm.	13 Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) at the Columbia Clinic @ 10:00 am. Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	14 Breastfeeding Class: Spanish "Benefits of Breastfeeding" at the Columbia Clinic @9:30 am Breastfeeding Class: Spanish "Getting Started" at the Columbia Clinic @ 3:30 pm	15
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